

# Lower Your Cancer Risk

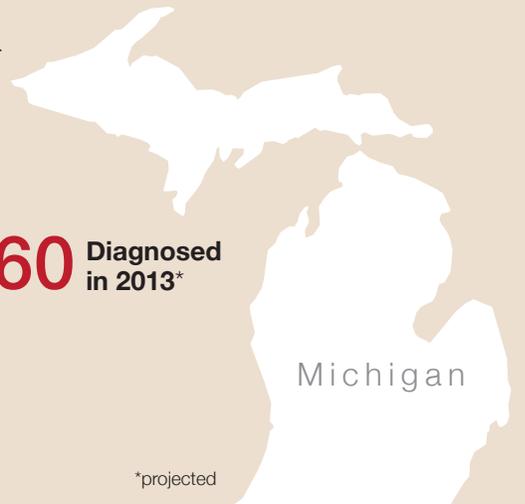
Any one of us might get cancer. But, your awareness of the risk factors for cancer, your lifestyle choices, and your actions can make a big difference.

## THE NUMBERS in Michigan

Thousands of people in Michigan are diagnosed with cancer each year and some will die. However, more than half of all cancer deaths could be prevented. Learn how to reduce cancer risk for yourself, your family and your community.



Preventable deaths



\*projected

## LEADING RISK FACTORS FOR CANCER

Not all of the risks can be controlled but understanding them could save your life. Talk to your health care provider about your cancer risk.

### 1 SMOKING TOBACCO PRODUCTS

Using tobacco causes



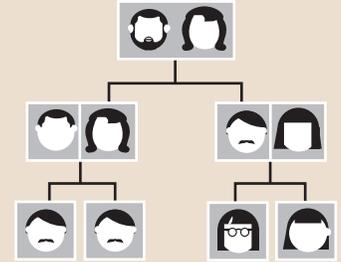
of all cancers

### 2 POOR NUTRITION, PHYSICAL INACTIVITY, & EXCESS WEIGHT

It has been estimated that overweight and obesity contribute to 14% to 20% of all cancer-related mortality in the United States.



### 3 YOUR FAMILY'S MEDICAL HISTORY



Learn about your family history, write it down and share it with your doctor. About 10% of cancers are thought to run in the family.

## WHAT YOU CAN DO

Make healthy choices like not smoking, staying at a healthy weight, eating right, keeping active and getting recommended screening tests.



**AVOID TOBACCO**



**LIMIT ALCOHOL INTAKE**



**GET SCREENED**  
(for breast, cervical, colorectal & skin cancer)



**PROTECT YOUR SKIN FROM THE SUN**



**INCREASE YOUR ACTIVITY LEVEL**



**GET VACCINATED**  
(for HPV)



**EAT A HEALTHY DIET**

